



LYMPHATOUCH®

Effective Scar Treatment with LymphaTouch

How do you treat different types of scars effectively? This guide explains how to approach surgical scars, burns, and keloids, and how to adapt treatment for different areas of the body.

All Scars Are Not Created Equal

Every scar can benefit from negative pressure treatment performed with LymphaTouch. This guide provides a framework for scar assessment and clinical decision-making by helping you identify the factors that determine a scar's treatment response and recognize key considerations for different body regions.

By understanding the factors that affect scar healing and assessing how the tissue responds, you can make better clinical decisions. Instead of following rigid formulas, you gain a deeper understanding of how scars function and how negative pressure affects them, allowing you to tailor treatment precisely to each patient's needs.

Scar Biology and Treatment Timing

A scar is not just a visible mark on the skin. It is the body's complex way of repairing damaged tissue. To treat a scar effectively, you need to understand its natural healing phases. The effectiveness of LymphaTouch treatment is based on supporting the body's own healing processes at the right time.

The three stages of healing:

1. Inflammatory phase (about 1 to 5 days after surgery or injury):

The body clears the damaged area. Swelling, redness, and pain are common during this stage.

2. Proliferation phase (about 5 to 21 days):

New tissue forms and the wound begins to close. The tissue is still fragile and disorganized at this stage.

3. Maturation and remodeling phase (21 days to over a year):

Collagen fibers organize and strengthen.

If the healing process is disrupted, the tissue can become thick, inflexible, and adhered to the underlying tissue layers.

When and how should LymphaTouch treatment begin?

One major advantage of LymphaTouch treatment is that it can begin very early, even before stitches are removed, as long as the wound itself is avoided.

Acute phase

Treatment begins around the wound using very low negative pressure. The goal is to activate fluid circulation and reduce swelling, which can lower tissue pressure and pain and create better conditions for healing. Important: Never treat directly over a fresh wound or stitches.

Chronic phase

When the wound is fully closed and the scar has entered the maturation phase, usually about 6 to 8 weeks after surgery or injury, direct scar treatment can begin. At this stage, the goal is to prevent adhesions from forming or to soften restrictions that have already developed.

Proper timing and patience with negative pressure settings help keep treatment comfortable for the patient and support tissue recovery without unnecessary irritation.



Negative Pressure Therapy: Working Deep in the Tissue

Traditional manual therapy is often based on pressing or stretching tissue with the hands. In scar treatment, this can be challenging because tight scar tissue is often stuck to the layers beneath it, and simple pressure may feel uncomfortable or even painful for the patient. LymphaTouch negative pressure technology changes the treatment approach completely. Instead of pressing down, the device lifts the tissue.

How Does Negative Pressure Affect the Scar?

Lifting the tissue and creating space

Negative pressure lifts the skin and underlying fascia, creating space between tissue layers. This mechanical lift helps release the scar from underlying muscle or bone in a way that hands alone often cannot achieve.

Breaking adhesions with vibration

When mechanical vibration is combined with negative pressure, it helps soften dense collagen structures. This can restore tissue elasticity without requiring the therapist to use excessive manual force.

Activating local metabolism

Scar tissue is often poorly vascularized. Negative pressure immediately stimulates blood flow and lymphatic circulation in the treated area, helping bring oxygen and nutrients to the tissue and supporting regeneration.

Why is this better for the patient?

Many patients find negative pressure therapy more comfortable than aggressive manual scar manipulation. It allows deeper treatment with less pain. The therapist can precisely adjust the negative pressure intensity based on the patient's comfort, which helps make treatment safer even in sensitive areas.

Negative pressure does not just address the scar on the surface. It can reach the deeper roots of the scar, helping restore natural movement and reduce the sensation of tightness.



Practical Treatment Techniques for Different Scar-Related Issues

The goal of scar treatment is to restore normal glide and elasticity to the tissue. With the LymphaTouch device, treatment is dynamic, and settings are adjusted throughout the session based on tissue response and patient feedback.

Surgical Scars, Such as C-section and Orthopedic Scars

When treating surgical scars, it is important to progress carefully based on the stage of wound healing. Once the initial inflammatory phase has passed, the focus shifts to reducing swelling around the scar, which can bring immediate relief from tightness. Direct treatment over the scar itself should always be evaluated case by case. When the scar is fully closed and durable, usually around 6 to 8 weeks, scar remodeling can begin.

- Use the pulsed setting and mechanical vibration directly on and around the scar.
- Lift the tissue vertically and move the treatment head gently so tissue layers that are stuck together begin to glide.
- This can be especially effective for C-section scars, where adhesions may extend deep into the fascia.

Burn Scars and Contractures

Scar tissue from burns is often extensive and tends to pull the skin edges together, which can limit joint mobility.

- Start treatment in the healthy surrounding tissue and progress toward the scar edges.
- Use low negative pressure and dynamic movement to increase skin elasticity.
- Treatment may help soften dense, armor-like scars and improve range of motion in the limbs.

Keloids and Hypertrophic Scars

Keloids develop because of excessive collagen production, causing the scar to rise noticeably above the skin. The goal of treatment is to soften the scar structure and reduce related itching and tenderness.

- Use low negative pressure and high vibration frequency for keloids.
- High-frequency vibration can gently influence the dense collagen network without applying strong mechanical pull.
- **Important:** Always proceed cautiously. Keloids are sensitive tissue, and excessive negative pressure may stimulate additional collagen production. Focus on calming and softening the tissue.

Fascia and Internal Scarring

Symptoms are not always tied to a visible scar. They can also involve internal scar tissue left behind after a muscle or tendon tear.

LymphaTouch's larger treatment heads allow effective treatment of broader fascial surfaces, which can help reduce mobility restrictions and ease chronic pain.

It is important to monitor tissue response between sessions. A single treatment may produce a visible change, but deeper adhesions usually require a regular series of treatments for more lasting results.

An Investment That Protects the Therapist and Improves Results

Purchasing a LymphaTouch device is an investment that can pay off not only through added revenue, but also through professional recognition and protection of your long-term ability to work. When you can offer effective scar treatment that is difficult to achieve by hand alone, your clinic can become a recognized regional destination for this type of care.

Better Results, More Satisfied Patients

Effective scar care is often the missing piece in many patients' rehabilitation journeys. When negative pressure helps reduce tightness that the patient may have simply learned to live with, it can build a strong sense of trust. This often leads to patients staying with treatment longer and recommending your services to others.

Visible changes, such as improved scar color and increased elasticity, can become powerful proof of your clinical skill.

Protecting Your Hands and Extending Your Career

Manually treating tight scar tissue and deep adhesions requires constant grip strength, which places ongoing stress on the fingers and wrists.

LymphaTouch does the heavy lifting by lifting the tissue for you. That means you can perform more intensive scar treatments in a day without fatiguing your hands. It is a direct investment in your ability to keep doing the work you love while staying physically well for years to come.

Device Profitability

The device can begin generating profit with just a few treatment sessions per week. Scar treatment is a service patients are often willing to pay for because it addresses a real and often long-term problem.

With appropriate pricing, the device may pay for itself within 6 to 12 months. After that, each treatment session can directly increase profitability while also being physically easier on the therapist.



“When they see the changes, they get so excited and are more open to treatment.”

Olivia Brown

Experienced Sports Therapist



Discover the Potential of LymphaTouch

Implementing the device is designed to be as easy and flexible as possible for physical therapists, massage therapists, osteopaths, and other healthcare professionals. To help you understand how negative pressure therapy performs in practice, we can walk through real before-and-after cases together.

Contact us and we'll show you documented treatment outcomes and discuss how LymphaTouch could work in your practice.

[Contact us »](#)